

# Evaluation of the Achievement Improvement Training Program for Sepaktakraw Athletes

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## ABSTRAK

*Capaian prestasi cabang Sepak Takraw belum menunjukkan prestasi sesuai harapan, beberapa faktor menjadi penyebab belum konsistennya capaian prestasi. Keberhasilan atlet dalam meraih prestasi tidak lepas dari program latihan yang dijalankan oleh para atlet. Penelitian ini bertujuan untuk menganalisis bagaimana respon atlet terhadap pelaksanaan program latihan untuk meningkatkan prestasi atlet cabang olahraga Sepaktakraw. Metode yang digunakan dalam penelitian ini adalah metode campuran. Teknik pengambilan sampel adalah teknik purposive sampling. Populasi yang digunakan dalam penelitian ini adalah seluruh atlet takraw yang berjumlah 11 atlet putra dan 10 atlet putri. Instrumen pengumpulan data dalam penelitian ini berupa angket respon takraw yang akan diberikan kepada atlet. Analisis data dilakukan dengan menggunakan analisis deskriptif terhadap data angket respon yang telah diberikan kepada responden. Hasil penelitian yaitu data respon atlet putra dengan rata-rata diperoleh 75,00. Respon yang diberikan sangat tinggi. Berdasarkan hasil wawancara yang dilakukan dengan para pelatih atlet sepak takraw diketahui bahwa program latihan yang dilakukan oleh atlet dirancang secara sistematis dan dilakukan secara berulang-ulang dengan tujuan untuk meningkatkan kemampuan atlet dalam mencapai prestasi.*

## ABSTRACT

The achievements of the Sepak Takraw branch have yet to show the achievements as expected, and several factors cause the inconsistent achievements. The success of athletes in achieving achievements must be connected to the training programs carried out by athletes. This study aims to analyze how athletes respond to the implementation of training programs to improve the achievement of athletes in the Sepaktakraw sport. The method used in this study is mixed. The sampling technique is a purposive sampling technique. The population used in this study were all takraw athletes, totaling 11 male athletes and 10 female athletes. The data collection instrument in this study was a takraw response questionnaire that would be given to athletes. Data analysis was carried out using descriptive analysis of the response questionnaire data given to the respondents. The research results are male athlete response data with an average of 75.00. The response given is very high. Based on the results of interviews conducted with the coaches of takraw athletes, it is known that the training programs carried out by athletes are systematically designed and carried out repeatedly to increase the athlete's ability to achieve achievements.

## 1. INTRODUCTION

Sport is one of the activities that are healthy as well as popular with people in various countries ranging from children to parents (Firdaus & Pudjijuniarto, 2021; Raharjo et al., 2021). Indonesia requires every sport activity in order to prosper the community and create quality human resources, physically and mentally healthy (Ma'mun, 2019; Maksum et al., 2017). In Law Number 3 of 2005 concerning the National Sports System which aims to maintain and improve health and fitness, achievement, human quality, instill moral values and noble character, sportsmanship, discipline, strengthen and foster national unity and integrity, strengthen national resilience, and elevating the nation's dignity, prestige, and honor. Therefore, it is necessary to develop sports that can be implemented through three pillars, namely (1) educational sports, (2) recreational sports and (3) achievement sports.

Each region in Indonesia has also formed a Youth and Sports Office (Dispora) which is in charge of implementing and coordinating sports development (Rohendi & Rustiawan, 2020; Rudiansyah et al., 2017). Educational sports are an integral part of education which is carried out both on formal and non-formal channels through intra and or extracurricular activities (Arifan & Wahjuni, 2020; Setiyawan, 2017; Yuliawan, 2016). Recreational sports aim to develop public awareness to improve health and fitness, fun and social relationships (Handayani et al., 2021; Prastya & Susila, 2019; Rahman et al., 2017). Achievement sports are devoted to achieving achievements in regional, national, regional and international championships (Anggriawan, 2015; Prasetyo et al., 2018).

Many things have been done by the government of West Sumatra in improving the quality and achievements of athletes, among others, by giving awards to outstanding athletes. In 2013, the Governor of West Sumatra Prof. Dr. H Irwan Prayitno, giving bonuses to athletes and coaches who excel in the inter-PPLP National Championships. Then in 2014, as many as 84 athletes from 11 sports received bonuses from the National Championships between the Center for Student Education and Training (PPLP) from the Youth and Sports Office (Dispora) of West Sumatra. In addition to giving awards and bonuses, the West Sumatra government also prepares athletes through the implementation of various coaching programs to improve athlete achievement.

The success of athletes in achieving achievements cannot be separated from the training program run by the athletes. One of the districts that print athletes is South Solok district. One of the sports established in South Solok Regency is Sepak Takraw (Alisman et al., 2022; Ananda & Rifki, 2019). Judging from the achievements obtained from the various championships that have been participated in, it can be said that the Sepaktakraw sport in Solok Selatan district has not had much achievement at the national or international level (Ananda & Rifki, 2019). Therefore, it is necessary to implement an achievement improvement coaching program for athletes in the Sepaktakraw sport in South Solok district.

Other research with the title Overview of the Football Achievement Sports Program at Koni (Ananda & Rifki, 2019). South Solok district, it is known that Koni Solok Selatan has tried to improve the achievements of athletes in each sport by one way, namely increasing the facilities and infrastructure needed. There is also research with the title Description of the sport achievement coaching system in Sepaktakraw in Boyolali district, said that every athlete needs achievement coaching by learning basic techniques, tactics, an athlete must also have a strong mentality and good physical ability, as well as the role of a coach who provides motivation (Zahroh & Junaidi, 2022). As well as research, with the title Management of Sports Achievement Development in Sepaktakraw in Demak Regency in 2019, it is known that the management of coaching in various regional clubs is still not going well (Ratna & Raharjo, 2021). Therefore, it is necessary to improve the coaching management system so that athletes can achieve maximum performance. Based on the explanation, this research aims to analyze how athletes respond to the implementation of training programs to improve the performance of athletes in the sepaktakraw sport.

## 2. METHOD

The method used in this research is a mixed methods method. As we know that research method is a way to get data to achieve certain goals (Yolviansyah & Suryanti, 2021). This research is a research that combines previous research, namely qualitative and quantitative research. The design used is a sequential explanatory design. This design prioritizes quantitative methods, which are the source of measurable data, then qualitative data to strengthen the results of quantitative data by conducting interviews (Maison et al., 2022; Onwuegbuzie et al., 2011; Sujito & Pebriana, 2018). Qualitative research is research that is descriptive and tends to use analysis (Darmaji et al., 2023; Hoerber & Shaw, 2017). While quantitative research is a research approach through a study of the relationship of certain variables (Apriliawati, 2020; Han, 2018; Putri et al., 2022). The data taken in this study is qualitative data by distributing response questionnaires to sepak takraw athletes. Then qualitative data was taken from the results of interviews conducted with athletes and coaches.

The sampling technique in this research is purposive sampling technique. Purposive sampling technique is a sampling technique based on the researcher's considerations about which sample is the most appropriate, useful and considered capable of representing a population or being representative (Etikan & Bala, 2017; Klar & Leeper, 2019). The population used in this study were all sepak takraw athletes in South Solok district, totaling 11 male athletes and 10 female athletes. In conducting this research, the instrument is very concerned.

The data collection instrument in this study was a takraw response questionnaire that would be given to athletes in South Solok Regency. Then interviews were conducted to strengthen the data that had been done previously. The response questionnaire. The grid of the response questionnaires in Table 1.

**Table 1.** Response Questionnaire Grid

Indicator	Sub indicator
Fatigue	a. Even though you are resting, your body is still sluggish b. I feel weak and lacking energy c. Muscle aches even though it's been a long time of rest d. Throughout the day the body does not feel fit
Angry atmosphere	a. Disappointing events keep in mind b. I like to control my emotions when I get angry c. I feel tense d. I have a hard time holding back my anger
Feeling ready, energetic and full of energy	a. I feel strong full of energy b. I feel confident
Tension	a. i feel restless b. i feel anxious c. feeling overshadowed by fear of failure
Self-assessment	a. I feel I have the advantage b. I feel capable of doing my job
Confused atmosphere	a. I can't concentrate b. The mind is messed up because of too much info c. I have a hard time forgetting failure
Depression	a. I like to be alone b. I feel ostracized c. Coach/friend feels hostile towards me

From the questionnaire grid above, which has 20 statements relating to the atmosphere (Mood) experienced by athletes during practice or competition. Filling out the questionnaire is enough by giving a tick (√) according to the situation you feel. The range of scores used in this study is using a Likers scale with a score range of 1 – 5. The category assessment is carried out by looking at the conversion criteria, the categories used in this study look at the average value of respondents' responses, showed in [Table 2](#). Data collection in this study began with the provision of response questionnaires to the athletes. After that, interviews were conducted to strengthen the response data to the takraw athletes.

**Table 2.** Respondent's Answer Category Level

No.	Interval	Category
1	0% - 25%	Very low
2	26% - 52%	Low
3	53% - 75%	Tall
4	78% - 100%	Very high

### 3. RESULT AND DISCUSSION

#### Result

After the data was collected, a descriptive analysis was carried out on the response questionnaire data that had been given to the respondents, namely female and male sepak takraw athletes, each consisting of 10 female takraw athletes and 11 male takraw athletes. The descriptive analysis of the questionnaire can be seen in [Table 3](#).

**Table 3.** Descriptive Statistical Response of Female Athletes in South Solok District

Interval	Category	Mean	Median	Mode	Max	Min
0% - 25%	Very low	52.00	51.00	50.00	65.00	40.00
26% - 52%	Low					
53% - 75%	Tall					
76% - 100%	Very high					

Based on [Table 3](#), it is known that the descriptive statistics obtained from the female athlete response questionnaire with a mean of 52.00, median of 51.00, mode of 50.00 are in the low category. From the descriptive results of the athlete's response data, it is known that the average obtained from the

response of female athletes regarding the atmosphere of training and competition (mood) is 52.00 which is included in the low category. The median obtained is 51.00, which means that the level of atmosphere during practice and competition greatly affects the situation of female athletes. Based on the results of interviews conducted with female athletes, it was concluded that before the match they (athletes) felt tired. This is usually triggered by a lack of rest and disturbed sleep by athletes. The exercise performed by female athletes is no different from that carried out by male athletes, except that female athletes tend to feel afraid that their matches will fail, have excessive levels of anxiety and are mentally unprepared for the match. Then to see the descriptive statistics of male athletes in Solok Selatan district can be seen in [Table 4](#).

**Table 4.** Descriptive Statistical Response of Male Athletes in South Solok Regency

Interval	Category	Mean	Median	Mode	Max	Min
0% - 25%	Very low	75.00	74.00	67.00	88.00	67.00
26% - 52%	Low					
53% - 75%	Tall					
76% - 100%	Very high					

[Table 4](#) explains the descriptive statistics of male athletes' responses in South Solok district, which can be seen from the Mean obtained at 75.00, Median 74.00, Mode 67.00 with intervals of 53% - 75% so that it falls into the high category. After obtaining these statistical descriptive results, interviews were conducted with athletes and coaches. Descriptive results of male athlete response data with an average obtained of 75.00 where the response given is very high. The median obtained is 74.00, which means that the level of atmosphere in training is not too important because they (male athletes) are mentally prepared to face the match. The exercises carried out are no different from female athletes, the technique mastered is the same, only that the mentality that is in men is much stronger because they do not feel afraid of failure when competing and excessive anxiety is different from female athletes.

## Discussion

Based on the results of interviews conducted with the coach of sepak takraw athletes in South Solok Regency, it was found that the training program carried out by the athletes was designed systematically and carried out repeatedly with the aim of increasing the athlete's ability to achieve achievement. With this systematic design, it is hoped that it will affect the improvement of athletes' abilities in terms of physical, technical, and mental aspects ([Amansyah, 2019](#); [Edwarsyah et al., 2019](#); [Purnomo, 2019](#)). However, it is not only seen in terms of the training that has been arranged systematically, but the training atmosphere of the athletes is also very important so that there is no feeling of boredom in training because the training material is almost the same every day ([Pratama & Wiyaka, 2021](#); [Putra & Sugiyanto, 2016](#); [Sari et al., 2017](#)). The abilities possessed by athletes are not in doubt, but mentality greatly affects athletes, especially female athletes who sometimes feel anxious and afraid to fail in matches even though all the techniques taught are the same ([Ismoko & Sukoco, 2013](#); [Nurhidayah & Satya, 2017](#); [Syam, 2019](#)).

As for the existence of this research, it can be seen how the response of athletes when undergoing an achievement coaching program, besides that this research also identifies the causes of the decline in the performance of sepak takraw athletes in South Solok district so that KONI of South Solok district can fix the management of the implementation of the athlete's achievement coaching program, especially in the branch takraw sport. This study can also find out the reasons why female athletes tend to have lower achievements than male athletes so it is hoped that coaches can pay more attention to female sepak takraw athletes so that they can generate motivation and enthusiasm for female sepak takraw athletes.

From research to find out the management of takraw sports trainers at PSTI Purworejo Regency in 2019 ([Hakim & Raharjo, 2021](#)). The results of this study are management of takraw sports training at Purworejo Regency in 2019 which consists of planning, organizing, and supervision has not gone well, while leadership is quite good. The implication of this research is that by conducting or evaluating the sport of takraw in South Solok district, the central and regional governments will be greatly assisted in determining their potential, by athletes who have received coaching at the Development Center to compete in existing national and international championships ([Ma'mun, 2019](#)). The aim is to make the name of the region, nation and state proud.

The advantage of this research is that it can be used as a reference for other researchers who are conducting research in similar fields. Evaluation will greatly assist the government in knowing how the athlete's potential will be, so that if there are obstacles or problems that arise during the athlete coaching process, the government can directly handle or improve the regional athlete development system in developing their potential in takraw sports which can later be developed again to a higher stage, namely by involving athletes in national and international championships ([Akhil & Wulandari, 2021](#); [Sari et al., 2017](#);

Wibowo et al., 2017). The limitation of this research is that researchers are only limited to conducting research evaluations in South Solok district, while what we know in Indonesia are many other areas.

Furthermore, for suggestions that researchers can make for further research, which in this study is limited to evaluating programs in South Solok district in fostering and producing national athletes who have the potential to take part in takraw in championships and internationally. As a result, more in-depth research on effective ways to develop the potential of regional athletes, especially in South Solok district, so that they are able to compete in national and international championships.

#### 4. CONCLUSION

The results of the research conducted on the evaluation of the achievement coaching program in South Solok can be concluded that the sepak takraw athletes in South Solok District are quite good in coaching starting from the facilities and infrastructure that support the sepak takraw athletes. In developing self-potential, then exercises that make athletes have fighting power in the sport of takraw South Solok.

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